


THE TIMES OF INDIA

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You share your BIRTHDAY WITH RUSKIN BOND
MAY 19

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- Born in Kasauli (Himachal Pradesh) in 1934, Ruskin Bond grew up in Jamnagar (Gujarat), Dehradun, New Delhi and Shimla
- His first novel, 'The Room on the Roof', which was written when he was 17, received the John Llewellyn Rhys Memorial Prize in 1957
- Since then, he has written over 500 short stories, essays and novellas (including 'Vagrants in the Valley' and 'A Flight of Pigeons') and more than 40 books for children
- He received the Sahitya Akademi Award for English writing in India in 1993 and the Padma Shri in 1999

CBSE RELEASES DATESHEET FOR PENDING CLASS X AND XII EXAMS

The Central Board of Secondary Education (CBSE) on Monday released the datesheet for class X and class XII examinations. The exams will be held from July 1 to July 15. According to the datesheet, physics paper of class XII will be held on July 4 and the paper of chemistry on July 6. These exams are only for the students of north east Delhi. The exams were postponed due to communal violence in north east Delhi. Similarly, exam for home science will be held on July 1 on all India basis and of geography on July 11. Exams will be held from 10.30 am and 1.30 pm. IANS

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STUDENT EDITION
TUESDAY, MAY 19, 2020
WEB EDITION

CAN BOREDOM BE BENEFICIAL?

Yes, you heard it right. A 2019 study states that boredom as an experience can fuel productivity and creativity among people, from all walks of life...

HOW TO DEAL WITH BOREDOM

- Bill Gates and Warren Buffet, two of the most successful people in the modern age, often make time to just sit and let their minds wander. Rather than finding endless ways to distract yourself, it is better to learn how to lean in to the boredom, and turn those feelings of frustration into something much calmer and more accepting. This is especially relevant in lockdown time, when most people are dealing with loneliness and boredom.
- "Boredom is an important state of mind. The ability to cope with it is important, so that we can deal with the real feelings that are emerging from within us," states



Dr Shyam Bhat, mental health expert. It also gives us the opportunity to have creative thought. This pandemic is, therefore, a good time for us to cultivate the ability to be with ourselves a bit more, to learn how to enjoy our solitude, and use strategies to stay connected with the many interesting aspects of the present moment," he suggests.

X-PLAINED

eVidya Programme

WHAT In order to promote digital education in the country and make e-learning feasible for students and teachers, Union finance minister Nirmala Sitharaman on Sunday, launched the PM eVidya programme

WHY With this scheme, students and teachers will get multimode access to digital education. Over 100 universities will be permitted to start courses by May 30

HOW DIKSHA that will give 'one nation, one digital platform', for school education in states and union territories, will provide e-content and QR-coded energised textbooks for all grades. This will benefit nearly 25 crore school kids across the country.

A GAME THAT CAN RELIEVE YOUR BUILT-UP STRESS!

Hit The Light



Feeling stressed? They say that smashing things up relieves built-up stress. But hang on, not the stuff around you. There could be a 'breakroom' in your city designed for just this, where you pay to smash things up. But if not, you could always play a game like Hit The Light. You'll be presented with neon lights in different designs. Your job is to smash them to bits by flinging something from your arsenal. It's pretty satisfying! There are some really convincing sound effects, so be sure to use headphones for the full effect. As for your tools, you have metal balls, guns, ninja shrikes and bombs. There are some elements of brick breaker style games, where careful aim can return big rewards. You can play for free but the game is ad supported. This means, you'll see full screen video ads after each level. You can remove ads with a one-time purchase of ₹ 249. Available on iOS, Android

Dalai Lama teaches ways to tackle negative emotions amid pandemic

CELEB LESSONS

Tibetan spiritual leader, the Dalai Lama, began a two-day virtual teaching on Saturday, on tackling negative emotions of fear and anxiety, precipitated by the global health crisis. Drawing from the teachings of Buddhist scholar, Nagarjuna's, 'Precious Garland', he said the analytical and scientific approach of the Nalanda tradition, forming the base for Tibetan Buddhism, is precise in the study of the workings of human mind. He compared human mind to quantum physics that makes a distinction between appearance and reality.

"Appearance can be misleading, an object can be dissected into the tiniest molecule. While inherently the object holds no fixed meaning, we as observers ascribe meaning to the object. Therefore, we should instead seek an objective reality"



A new species of fungus discovered, named Twitter

Scientists have discovered a new species of parasitic fungus on the micro-blogging platform Twitter. The researchers spotted an image of a millipede (a group of arthropods characterised by two pairs of jointed legs) while scrolling through the site and noticed a few tiny dots near the creature's head, something that has never been seen on the millipedes.

NAMESAKE

- The newly-discovered parasitic fungus has been given its official Latin name, Troglomyces twitteri
- Troglomyces twitteri belongs to an order called Laboulbeniales – tiny fungal parasites that attack insects and millipedes

NEWS IN BRIEF [CLICK HERE FOR MORE](#)

SPACE

SALAD GROWING ON MARS MAY SOON BE A REALITY

Salad could be grown on Mars, say scientists, after successfully sending seeds to space. Researchers sent a million seeds to the International Space Station (ISS) in 2015, in a mission supported by British astronaut Tim Peake. When it came back to Earth after half a year, six lakh children across the UK took part in an experiment to grow the seeds. Scientists believe the findings take them a step closer to understanding whether edible crops can be grown during space missions.

MAJOR REQUIREMENTS

- Transporting high-quality seeds to space will be crucial for growing plants to support human exploration of Mars and space
- The seeds need to be protected from harmful effects of cosmic radiation and mechanical vibrations to maintain their quality
- Factors that could potentially affect seeds in space also include microgravity, a lack of oxygen, low humidity and extreme temperature fluctuations

ICC Board members may discuss shifting T20 World Cup to 2022

The option of shifting the upcoming T20 World Cup to 2022 is expected to be put on the table when the ICC Board meets on May 28, a member of the world governing body, said. A cloud of uncertainty hangs over the T20 World Cup in the wake of coronavirus pandemic, and shifting it may find favours with Cricket Australia, feels the Board member. The ICC flagship event is scheduled in Australia from October 18 to November 15. The ICC Board meeting will be preceded by the cricket committee meeting to discuss playing conditions, including applying sweat and saliva on the ball.

SPORTS

Talking can generate Covid-19 droplets that linger up to 14 minutes

DID YOU KNOW?

Coughs or sneezes may not be the only way people transmit infectious pathogens, like the novel coronavirus to one another. Talking can also launch thousands of droplets so small that they can remain suspended in the air for eight to 14 minutes, according to a new study published in the 'Proceedings of the National Academy of Sciences'. This research could help explain how people with mild or no symptoms may infect others in close quarters, such as offices, nursing homes, cruise ships and other confined spaces.

WHAT THE STUDY FOUND

- Elaborate experiments have revealed how coughing or sneezing can produce a crackling burst of air mixed with saliva or mucus that can force hundreds of millions of influenza and other virus particles into the air, if a person is sick.
- A single cough can propel about 3,000 respiratory droplets; sneezing can generate as many as 40,000
- The scientists also found that while droplets start shrinking from dehydration as soon as they leave a person's mouth, they can still float in the air for eight to 14 minutes.

Shah Rukh Khan pens down lockdown lessons


CELEB TALK

As the world continues to battle the coronavirus pandemic, actor Shah Rukh Khan penned down the life lessons learnt from this period. In a post on his Twitter handle, the 'Fan' star wrote about how we "have been living far beyond our exigencies, most of which don't really matter as much as we thought they did." In the heart-warming post, the 54-year-old said, "That we really don't need (emotionally) more people around us than the ones we feel like talking to while we are locked up."

"That we can stop the clock for a bit and reimagine our lives, when the rush to acquire false securities is peeled away from us. That we can laugh with those we fought so hard... and know that our ideas weren't actually any bigger than theirs. And above all, love is still worth it, no matter what anyone else tells you," he concluded

FITNESS

WORKOUT AT HOME



Don't know where to look for fitness inspiration in lockdown life? Check Instagram that is awash with #HomeWorkouts – everyone from sportstars to personal trainers, share tips and workout videos on their handle. The videos are short and sharp. From workout beginners to intense cardio workouts, you have it all

HELP YOUR ELDERLY IN CARRYING
Grocery storage tills and other household items. It is an exercise too!

ALERT

Video game addiction is REAL

Video game addiction is real in one out of every 10 gamers and can result in mental, social and behavioural issues, claims a new study. According to experts, people who are addicted to video games, fall into a 'pathological' gamer category that is characterised by excessive time spent on playing video games. They find it difficult to disengage from video games, which leads to 'disruption to healthy functioning'. In extreme cases, gamers who are unable to pry themselves away from a screen, drop out of school, lose jobs, and remain cut off from their families.

HOW TO OVERCOME GAME ADDICTION

Play in moderation: Set a specific number of hours (or minutes) to play per day.

Take a break every hour: For each hour of play, stand up, walk around, etc, for a few minutes.

Include your family: They are your best guides.

The size of gaming industry

- The games industry raked in \$108 billion worldwide in 2017, according to Superdata, which tracks the games and interactive media sector.
- Nearly 40 per cent of them are in east Asia, especially China and South Korea. Other important markets include the US, Britain, France, Germany and Brazil

